

Flu Season

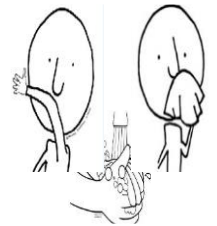
Influenza is a virus that infects the nose, throat, and lungs. It can cause a fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and make you very tired.

Everyone over 6 months should get vaccinated every year

- This year the CDC recommends using the nasal spray vaccine in children 2-8 years old. Everyone else should talk to their healthcare providers about whether or not to get the nasal spray or shot
- The flu vaccine is safe for anyone over the age of 6 months and does not cause the flu
- Children under 8 years who get the flu shot for the first time need to get two doses with the first dose being as soon as possible

Don't spread the flu

- Cover your mouth with your arm or tissue when you cough
- Wash your hands often
- If you are sick, stay home so you do not spread the flu
- If your child is sick keep him/her at home until s/he does not have a fever for at least 24 hours.



Frequently Asked Questions

When is flu season?

Flu season is typically from October to May with peak months during January and February. It is important to get your flu vaccine in the fall before you get sick.

How do I know if I should get the flu vaccine?

The flu vaccine is recommended for anyone over the age of 6 months. If you have questions about getting the flu vaccine, talk to your healthcare provider for more information.

What if I got the flu vaccine last year?

The flu vaccine will only protect you for one year. Each year the vaccine is made from the types of flu predicted to be common that year.

Where can I get the flu vaccine?

Many pharmacies (CVS and Walgreens) and doctors' offices have the flu vaccines.

Who is able to use the nasal spray vaccine?

The person must be between 2 and 49 years, healthy, and NOT pregnant. Talk to your doctor or pharmacist to find out if you can get the nasal spray.

How will I know if I have the flu?

You may have a fever, cough, sore throat, runny or stuffy nose, body aches, headaches, or you are very tired.

If you have the flu:

1. Get plenty of rest.
2. Avoid getting others sick by staying home.
3. Drink plenty of water and other clear liquids
4. Only use medicines you can buy at the store to treat fever and cough.
5. Call your doctor!

If you think you may have the flu, talk to your doctor right away